



Mahany/Meininger Senior Community Center: 248-246-3900
3500 Marais, Royal Oak, MI 48073
Website: www.romi.gov

October 2015 • Monthly Newsletter of the Royal Oak Seniors

MISSION STATEMENT:

The City of Royal Oak offers mature adults opportunities for lifelong education, fitness, nutrition and leisure activities.

Supportive services that promote independence and quality of life are available for residents who are 62 and over or permanently disabled adults.

"The City of Royal Oak's Recreation Department does not discriminate against any program participant or applicant for participation because of race, color, creed, religion, ancestry, national origin, sex, disability or other handicap, age, marital/familial status, or status with regard to public assistance or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination."

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Monthly Matinees *See film synopses on Page 6*

2nd & 4th Fridays at 12:30 pm on the Center's big screen

Kerry Price on Piano

Friday, October 16th at 12:30 pm

"Give a Cheer . . . October's Here!"

HELP WANTED!!

The R.O.S.E.S. Program is seeking capable workers for Home Chore and Home Repair programs. Put those skills to work! Supplement your income! *For more details, see page 9*

October Dates

Wednesday, October 14th 9:00 am - 3:00 pm

Antique Jewelry Sale -

Thursday, October 22nd 10:00 am - 2:00 pm

Vaccination Day. Walgreen's Pharmacy helping you stay healthy!

Tuesday, October 27th 9:30 - 11:30 am

A special program for caregivers of Dementia patients.

See Page 6

November Events to Plan for:

Monday, November 16 at 10:00 am - no fee

Beaumont Seminar on Lung Cancer

Wednesday, November 18 from 10 am to 3 pm

Helping Hands One Day Fundraiser Sale - Knit/Crocheted Goods!

Lunch and Learns - 11:45 am

Monday, Nov 2	Tuesday, Nov 10	Tuesday, Nov 17
Navigating Over & Done, with Veterans Benefits for Home Health Care	Family Love Letter: Information in a Time of Confusion	Long Term Care Situations in Retirement
Home Care Assistance	Dave Trimble and Tom VanDorne	David Trimble and Tom VanDorne
Register by 10/29	Register by 11/05	Register by 11/12

*** **EXTENDED TRAVEL** ***

<u>Branson/Rybicki Tours</u>	October 17 - 22 \$999 dbl/pp.
<u>Little River Casino/Shoreline Tours</u>	November 1 - 2 \$229 dbl/pp.
<u>California Dreamin'/Bianco Tours</u>	November 2 - 9 \$2,285 DBL/pp. ✈️
<u>New York Holiday/Bianco Tours</u>	November 30 - December 4 \$1,109 dbl/pp.
<u>Holiday Festival of Lights - Oglebay Resort/Rybicki Tours</u>	December 1 - 3 \$499 dbl/pp.
<u>Florida Vacation/Shoreline Tours</u>	January 21 - February 3 \$2,399 dbl/pp.

*** **DAY TRIPS** ***

Oakland County Parks Fall Color Tour **Tuesday, October 13 Noon - 4:00 pm** Board the County's bus and tour through northern Oakland County to enjoy the fall colors. There will be a hayride at Addison Oaks County Park with cider and donuts too! Cost includes transportation via Oakland County bus, snack and tour. **\$15 T1014f**

"Nunset Boulevard" at Cornwell's Turkeyville/Rybicki Tours **Thursday, Oct. 15 8:30 am - 6:30 pm** Will the Little Sisters of Hoboken lose one of their own to the glamour of Hollywood? Find out in this "Hilarious, wacky and unpredictable" production, after a delicious turkey with all the trimmings luncheon. Cost includes transportation via motor coach, performance and lunch. **\$94 T1017f**



Detroit Symphony Orchestra



CLASSICAL Coffee Concerts
Fridays, 9:15 am- 1:30 pm
\$31 per concert/ Mid Balcony

POPS Coffee Concerts
9:15 am - 1:30 pm Dress Circle

- October 23: Mozart's "A Little Night Music"
- December 11: Mozart & Beethoven
- January 22: Bolero
- April 22: The Planets by Holst

- | | | |
|-------------|------|-------------------------------|
| November 25 | \$49 | Doc Severinson |
| March 11 | \$49 | St. Patrick's Day Celebration |
| June 10 | \$49 | John Williams' Favorites |

IF YOU CANCEL, REFUNDS WILL BE ISSUED IF WE ARE ABLE TO FILL YOUR SPACE. A \$5 PROCESSING FEE WILL BE DEDUCTED FROM ALL REFUNDS. SIGN UP EARLY OR THE TRIP MAY BE CANCELLED. FULL REFUNDS ARE GIVEN IF THE TRIP IS CANCELLED BY US OR THE TRAVEL AGENT.

Day Trips continued on Page 15



Restaurant of the Month - **Como's** Thursday, Oct 29 12:30 - 2:30 pm (Lunch on your own - avg. \$16) Pastas, cacciatores, marsalas - the menu is full of wonderful Italian specialties. Join us for this month's trip to the corner of 9 Mile and Woodward! Cost includes transportation via Senior Bus. **\$4 T1033F**

**Mahany/Meininger
Senior Community Center**
3500 Marais
Royal Oak, MI 48073
 (1 block North of 13 Mile Rd.,
 between Main & Crooks)
Phone: (248) 246-3900
Fax: (248) 246-3901

Salter Community Center
1545 E. Lincoln,
Royal Oak 48067
 (10½ Mile Rd, 1 block West
 of Campbell Rd.)
Phone: (248) 246-3180
Fax: (248) 246-3007

Monday - Friday
9:00 am - 4:30 pm

Senior Citizen Coordinator
 Paige Gembariski

Outreach Administrator
 Carolyn Marsh

Sr. Recreation Specialist
 Barbara Harris

R.O.S.E.S.
 Pam Steinmetz
 Dorothy LaSure

Typist/Clerk
 Susan Mutschler

Van Transportation
 Phone: (248) 246-3914
 Monday - Friday
 9:30 am - 12:30 pm
 Carol Haubert, Dispatcher
 Cathy Cricelli, Dispatcher

Gentle Reminder

We ask that you do not use perfume or cologne when coming to the Center. Some of our Seniors have respiratory problems and allergies to certain smells. Your consideration is appreciated.



Tim's Kitchen

Enjoy meals, \$3 each, prepared from scratch in the Mahany/Meininger kitchen Monday-Friday. See pg. 12 for the entrees.

- Call (248) 246-3900 to reserve a meal (at least 1 day in advance).
- Call to cancel if unable to attend.
- Meal vouchers available for purchase (for 5 or 10 meals).
- Bus fee is waived if you ride the bus to the Center for lunch.
- Menu subject to change based on availability of food supplies.
- Everyone is Welcome! No age requirement!

Carry-outs available \$3.50
Meals for Homebound Residents

Medical Equipment Loan Closet

The Senior Center has walkers, wheelchairs, bath stools and such available for loan. There is no charge to borrow an item, keep them as long as necessary and return clean. Clean, working durable medical equipment donations are also accepted.

Please call (248) 246-3900 prior to bringing in equipment you no longer need.

NOTABLE FOLKS . . .

A Very Special Thanks to

Carol Haubert
 Bob Hilton
 Dorothy Huff
 Gene Knitig
 Alex Kraski
 Marti Lewis
 Jean Neimeyer
 Mary Rubin
 Lois Ryan
 Celia Sawdon, and
 Ray Wangler

for contributions to Tim's Kitchen, to help keep our lunch program continuing.

EUCHRE PLAYERS

Aug 20th	Pattie Junker
Aug 27th	Russ Staschke
Sept 3rd	Ann Schrack
Sept 10th	Herb Schultz

***Well Played
Euchre Players!***

MONTHLY POOL TOURNAMENT WINNERS

September 10th, 2015

1st Place Team:
Tim & Ken
2nd Place Team:
Bob & Cliff

3rd Place Team:
Tom & Paul

Congratulations!

Welcome Newcomers!**Monday, Oct. 5 10:30 am**

Newcomer's orientation is open to anyone fifty or better. Acquaint yourself with the programs and services available at the Center. You'll learn how to register for classes, trips and programs. Meet the staff and receive a complimentary lunch. Call (248) 246-3900 to reserve a spot.

Mah-Jongg Drop-In**Wednesdays 9:30-12 pm****Fridays 1-3 pm**

Experienced players may drop in and play on Wednesday and Friday mornings, no charge.

Drop-In Cards**Rubber Bridge Mondays**

Drop in for Rubber Bridge and bring a partner to play.

\$1 12:15 pm**Pinochle Tuesdays**

Drop in for pinochle, meet new friends. **\$1.00 12:30 pm**

Duplicate Bridge Weds.

Drop in with a partner to play duplicate bridge.

\$1.25 12:30 pm**Euchre Thursdays**

Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards.

\$1.00 12:30 pm**Handbells****Fridays Sept 11 - Dec 25 12:45 pm**

Experience the fun of ringing handbells with a group. According to director Sylvia Hartsoe, playing handbells keeps the mind sharp and leads to excellent eye-hand coordination. The best time to join the group is in early September to learn the music which will be performed in November and December, or in January for performance from late April to mid-July. Previous ringing experience not necessary, but background with music reading skills is helpful. **\$25/16 wks C1040f**

Creative Coloring for Grown Ups Oct 5th & Oct 19th**Mondays, 10:30 - 11:15 am**

Relieve your stress and join your neighbors and friends in the fun and relaxation of coloring. **\$2 drop-in fee, includes supplies. C1094F**

Star-Grabbers**Amateur Astronomy Group****2nd & 4th Wednesdays 10 am**

Dick and **Bill** have an amateur astronomy club. Their goal is to share their interesting hobby and instruct individuals on the use of telescopes. Donations are accepted.

Helping Hands**Tues & Thurs 9:30 am**

Do you like to knit or crochet? Drop by and become a part of this worthwhile group that makes blankets and other items for charity. They are currently working with CareNet, Veterans and Beaumont Hospitals, Project Linus and other local organizations. *Donations of yarn are needed. Drop off yarn on the days the group meets*

Senior Quilting**Tuesdays 10 am**

Come join us for a day of hand quilting, machine piecing quilt tops and socialization. If you're new and just getting started, we are happy to help. Bring sewing machine and your project. Drop-ins welcome. No fee.

Sit 'n' Knit**Tuesdays 1 pm**

Come join in as we knit and visit! Share work in progress, tips and 'show and tell' finished projects. A relaxing visit with others who share your love of knitting or a little knitting help. All knitters welcome, beginners and experienced

Crochet Creations**Thursdays 12:15 pm**

Join the group for an afternoon of stitching your work in progress; pattern discussion and/or help reading a pattern or learning a new stitch. Several times a year we do projects to give back to the community. No charge. Beginners are welcome, we will teach you how to crochet.

**Antique Jewelry Sale
Wednesday, October 14****9:00 am - 3:00 pm**

Proceeds to fund
Royal Oak
Senior Center!

**Computer Club****Wednesdays 12:30 pm**

Calling all beginners to experienced computer enthusiasts. All levels join our growing club for computer networking and guest speakers discuss different "cyber" topics of interest.

Oct 7	Eric Hayes
Oct 14	Larry Kulp
Oct 21	Roger Gach
Oct 28	Jack Vanders

Ask the Computer Lady!**Tues, Sept. 1 - Dec 15****9:15 - 9:45 am C1081F****12:45 - 1:15 pm C1082F**

Have your questions ready for Marta and be ready for an informative one-on-one session. Bring your laptop or Kindle, learn how to check your email, or make sure your security is up to date. Call ahead to register and pay: 248-246-3900. **\$20/ 30 minutes OR \$35/one hour C1087sp**

Laptop Computer Classes**Tues. 10:00 am Oct 6 - 27**

Set up for beginners and advanced students to bring your own laptop to class and learn to safely use Windows. \$5 material fee due to instructor at first class. Class size limited to 4. Pre-registration, **\$40/4 wks. C1087f**

"Get" your Gadget"**Tues, 9/29 - 12/15 11:15 - noon**

This one-on-one class will clear up the mysteries of your tablet, e-reader, cell phone, laptop or camera! Remember to bring all cables and power cords along. Call to register for your choice of dates: **(3) 45-min One-on-One class 248-246-3900 \$60/C1080 fa**

Hearing Tests/Cleaning Hearing Aids

Tues., Nov 10 1:00 pm

Zounds! will provide free Hearing Tests and Hearing Aid Cleanings the second Tuesday of every other month. 15 min appointments, call (248) 246-3900. **Next opportunity will be in January 2016.**

Foot Doctors

Weds., Oct 14th 9:00 - 11:00 am

Dr. Robert Adas and Dr. Larry Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Please pre-register.

Fall Prevention Class

Tues, Sept 29 - Nov 3 3:00 pm

Learn various balance and strengthening activities to reduce the risk of falling. \$17 materials fee due first class (book). **\$45/6 weeks. C1002fa**

Focus on the News

1st & 3rd Tues. 10:30 am

Tired of talking back to your TV set? Join a fun and lively discussion of local, national and international new issues. Visitors encouraged. We're always looking for new people.

Stipple Drawing

Fri., 9:15 - 11:30am 9/4 - 10/23.

Mike Byrne will teach stipple; a drawing technique using only dots applied with a pen or brush in a single color. An art form that will return you to a time when handcrafts were prevalent. Supply list given at registration. **\$55/8 wks—C1092F**

Painting - All Media

Thurs Oct 29 - Dec 17 9:15 am

Mike Byrne, an established artist who has exhibited and taught in many venues, instructs art students of all levels of ability. Special individual attention is given to each artist's chosen discipline. Supply list is given at sign-up. Pre-registration, **\$48/7 wks C091F** No class Nov 26th.

NEW Activities when Someone has Dementia

Tues, Oct 27 9:30 - 11:30 am

These skills are not new to Moms and Montessori. Now they bring hope and connection to people caring for people with dementia. Simple to complex puzzles, everyday materials for baking, and maximizing success will be demonstrated. Learn to build meaningful activities based on your care recipients interests. (Persons with dementia are NOT to attend). Presenter: Susan McEwan, MS, RN. Pre-registration required **C1027**

Kerry Price On Piano

Fri., Oct 16th 12:30 pm

**"Give a Cheer -
October's Here "**

\$2 per program Payable at the door

Monthly Matinees

Fri., Oct 9th 12:30 pm

The King's Speech

Colin Firth & Geoffrey Rush

The story of King George VI of the United Kingdom of Great Britain and Northern Ireland, his impromptu ascension to the throne and the speech therapist who helped the unsure monarch become worthy of it.. *Rated R for some language.*

Fri., Oct 23rd 12:30 pm

The Help

*Emma Stone, Viola Davis,
& Octavia Spencer*

An aspiring author during the civil rights movement of the 1960's decides to write a book detailing the African-American maids' point of view on the white families for which they work, and the hardships they go through on a daily basis. *Rated PG 13 for thematic material.*

**Suggestions for movies and
donations are welcome!**

**PLEASE CALL AHEAD FOR
MOVIE AVAILABILITY!**

VACCINATION DAY:

**Immunizations for Better Senior
and Elderly Health**

Thurs Oct 22 10:00 am-2:00pm

Walgreens will be onsite to help you stay healthy. Influenza, Tdap, and pneumonia immunizations will be available for purchase and administered by Walgreens pharmacy. Call ahead to make an appointment. 248-246-3900 *Prior insurance authorization may apply.*

Lunch & Learn

**Head, Shoulders, Knees &
Toes - (Part Two) (A1042f)**

Mon, Oct 5 11:30 am - 1:00 pm

Presenter: Magnum Home Health Care. Join part two of this workshop, (Part One registration not required). Reasons for home health care, available home health care options, and how to pick a good one. Learn the steps to take when discharged from the hospital, your or your medically-fragile loved one. Registration deadline 10/01/15.

Financial/Investment Aide

Thurs., Oct 15th 10:00 am

Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Call (248) 246-3900 to reserve your free 30 minute appointment.

Rejuvenate Your Retirement

Thurs, Oct 8 & 15 1:30-3:30

Tues, Oct 13 & 20 9:30 11:30

This class provides easy-to-understand information on important lifestyle and financial issues often faced during retirement. Learn how to plan fun and fulfilling activities to stay mentally, physically and socially active; calculate IRS-required minimum distributions from retirement plans; examine how investment returns are taxed; and plan for health care, long-term care, incapacity and end of life decisions. **\$39, spouse or guest no extra charge.**

Chair Yoga Exercises (DVD)**Mondays 10:30 am**

This session is of a "gentle" nature for those who are just starting on a fitness program, or those who must not do strenuous exercise. Drop-in, no fee.

Silver Foxes**Mon-Tues-Wed-Fri 9:30 am**

Exercise along with the Richard Simmons Silver Foxes videotape. This class features a low-impact, aerobic workout for the intermediate exerciser. Each session is designed to increase flexibility and work the heart. No fee.

Sit-Down and Tone-Up**Tues & Thurs 10:30 am**

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight (or bring ankle weights). Work upper body with 1-3 lb. weights. Video workout, free!

Round Dance**Weds. (Beginners) 2:30 - 4:30pm****Thursdays 1:00 pm**

Renew a basic background in Round Dance. Join the fun - dancing is great exercise. This class instructs phase 3-5 of round dance. **\$1.50**

Intermediate Line Dancing**Fridays 1:00 pm**

Line dancing is not only fun, but good exercise as well and you don't need a partner. Come and learn the hot country line dances. **\$2** payable at each lesson. **NO BOOTS!**

Drop-In Ballroom Dance Class**Mondays 1 pm**

Join instructor **Bill Scheff** Monday afternoons to learn all the footwork involved in Ballroom dancing. No partner is needed for participation. Feel free to drop in and watch anytime. **\$5.**

Massage Therapy**Thursday & Friday, October 15th & 16th by Appt**

Licensed Massage Therapist **Heidi** provides therapeutic massage using the holistic approach. Massages help in reducing muscular and nerve pain and aids relaxation. She provides **35-min massage sessions for \$30, or 75-min sessions for \$60.**

Tai Chi Basic & Chen Style**Thurs, Sept 17 - Dec 17 9:15am**

The movements are slow and fast, twining and twisting, connected with internal spiral energy. It is gentle yet powerful. **\$72/12 C1003F**

Kuratomi Stretching**Weds. Sept 16 - Nov 4 10:30 AM**

The Kuratomi Method is inspired by ancient Japanese forms and Jomon to open the body, mind and spirit gently and naturally. Students can grow into the stretches, yet they are immediately effective, and all poses are adaptable to all personal needs. **\$64/8 wks C1010FA**

Gentle Yoga \$36/8 wks**Monday, 9/14 - 11/2****9:15 am (c1029) 1:00 pm (c1030)****Thursday, 9/17 - 11/5****1:00 PM (c1033)**

Yoga Creates many benefits in your overall health and wellness. Improve your strength, flexibility and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Mat and comfortable clothing recommended.

Aqua Zumba**Thurs, Sept 10 - Oct 29 8:30 am**

Have fun exercising, dancing and getting fit. Zumba workout in the water! All levels welcome. Bring water shoes, suit & towel, and a lock: leave your valuables at home. Instructor **Cheryl Baugh**. Preregister, **\$36/8 wks C1024SU**

Water Aerobics**Weds., Sept 9 - Oct 28 8:30 am**

Great workout with water exercises. Including cardiovascular, toning and stretching. Locker room available; bring your own lock, towel, and suit. Leave your valuables at home. Instructor **Cheryl Baugh**. Preregister, **\$36/8 wks C1026SU**

Zumba Gold**Fri, Sept 18 - Nov 6 10:20 am**

Low impact aerobic workout. Some chair work. Great music and fun **\$40/8 wks C1008FA** Drop-ins available **\$7/class**

Chair Exercise with Cindy**Friday, Sept 4 - Oct 9 10:30 am**

It is appropriate for those who have joint limitations, as well as anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, a water bottle and hand-held weights if you wish. **\$25/6 C1026FA**

Healthy Back Class**Wed, Oct 14 - Nov 18 1:30 pm**

This class is designed to strengthen and stretch back and core muscles to prevent back injuries that can often result from everyday activities. Bring mat, water and comfortable clothing/shoes. Instructor **Cindy Erlandson**. Pre-register. **\$25/6 C1018A**

Yoga**Tues, Oct 27 - Nov 18 12:45 pm**

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase, strength, flexibility, alignment and balance. **\$36/8 weeks C1005FA**

Chair Yoga**Wednesday, 12:30 pm****Oct 14 - Nov 18 \$25/6 C1021FA****Friday, 11:30 am****Oct 16 - Nov 20 \$25/6 C1024FA**

This class consists of 3/15-min sections, first and last are done seated: the middle section is done standing using a chair for balance. Focus on breathing, relaxation, stretching for flexibility and balance practice which also increases muscular strength.

Pilates/Core Body conditioning**Mon, Sept 14 - Nov 2 10:30 am**

Pilates is a neuro-muscular resistance control method of exercise to help develop strong, flexible muscles and better posture. a basic class with emphasis on gradual progression and strict body alignment and form. Wear loose comfortable clothes, bring a mat. Instructor **Cheryl Baugh, ACSM** **\$36/8 wks - C1000FA**

SUPPORT GROUPS

Alzheimer's Support Group

Monday, October 26 10 am

You are not alone in trying to cope with a friend or family member afflicted by Alzheimer's Disease.

Aphasia Support Group

Thursdays 10 am

A weekly support group meets at the Center for adults with communication disorders. Gain support from others on your road to recovery. Drop-in any Thursday.

Deaf Assistance Group

Wednesdays 9 am

Our Center welcomes deaf adults for socialization each Wednesday.

Legal Aid

3rd Thursday, October 15 1 pm

Royal Oak Attorney **Kent Schultz** provides free 15-minute consultations to senior citizens. A fee will be charged for additional services. Can't make it in to the center? Call Mr. Schultz (248) 541-2567 to schedule a complimentary home visit. Call (248) 246-3900 for an appointment at the center.

P.A.L. (Positive Attitude Living)

Fridays 10:30 am

PAL is a group of Seniors who meet for a casual discussion on various topics every Friday morning. All are welcome to join us every week or to drop in once in a while.

Royal Oak Seniors Resource Center

Check out the resource center brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center, please call (248) 246-3900 for an application form. The fees to display brochures are \$10 monthly or \$100 yearly

LOOKING FOR A FEW GOOD VOLUNTEERS!

The Senior Center is always looking to introduce new programs. Do you have a few hours of time to spare each month? Have you recently retired and would like to share your on-the-job experience to help others? Or do you have a skill, a hobby or craft to share? If so, please consider volunteering and enlightening others in our community. Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

TRANSPORTATION

Transportation is available for resident's age 60 or older, and adults who are permanently disabled. Door-to-door service is provided to those with mobility problems who need to be personally escorted to the buses. Handicap lifts are available. Drivers will assist with purchases. Call (248) 246-3914 between the hours of 9:30-12:30 to arrange your transportation needs. Call up to 2 weeks before your appointment, \$3 contribution for each one-way trip or \$4 round trip. Prepaid tickets are available: \$19/5 round-trip tickets. This service is funded and operated by the joint efforts of the City of Royal Oak, SMART Municipal and Community Credits funds and Beaumont Health Systems.



Royal Oak Senior Essential Services (R.O.S.E.S.) provides supportive services to Royal Oak residents aged 62 and over. Clients pay directly to the contracted worker for services. A \$5 annual registration fee is required. Provisions can be made for persons unable to pay. Call (248) 246-3918 Monday-Friday.

- **Home Chore** - If you reside in Royal Oak, you are eligible to have Household tasks such as snow-shoveling, yard work and housework, laundry and gutters (first level only) cleaned for you. No windows, weeding or wall washing.
- **Home Repair** - Home repairs that do not require a licensed contractor are available to homeowners. Repairs including minor plumbing, carpentry and minor electrical. No roofing.
- **Personal Home Care** - Includes assistance with activities of daily living, bathing, feeding, dressing and help with ambulation.

OUTREACH

Our Outreach Administrator helps residents aged 62 and over obtain needed services. Please call (248) 246-3917 with your concerns about personal care, prescription assistance, housing or any other independent living needs. An in-home visit to assess needs is available through this service at no cost.

ADJACENT GENERATIONAL EXCHANGE (A.G.E.)

Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers..

- **Help Wanted -**

The R.O.S.E.S. Program - 2015
(Royal Oak Senior Essential Services)

is looking for able-bodied persons with good work ethic and home maintenance skills to register for the following programs:

- **Home Chores:**

Snow Shoveling, Yard Work, Housework and gutter cleaning (1st level)

- **Home Repairs:**

Painting, minor plumbing, carpentry and minor Electrical work. (Work of a scope that does not require a licensed contractor.)

All workers will be required to complete an application, and be subject to a background check.

Please visit the:

Mahany/Meininger Senior
Community Center (3500 Marais)
Monday - Friday, 9:00 am - 4:30 pm
or
call (248) 246-3918 for more information.

Evening Recreational Swim

September 10, 2015 - March 3, 2016

RO Middle School 709 N. Washington.

Family Open Swim,

Monday evenings, 7:30 - 8:30 pm.

Adult Open Swim (lap swimming) -

Monday evenings, 8:30 - 9:45 pm.

Thursday evenings 8:45 - 10:00 pm

Seniors free with Gold Card, adults and children \$5, age 5 and under free. > Bring bathing suit, towel and lock. No flotation devices allowed.

ALUMNI NOTICES - 50TH REUNIONS

<http://www.royaloakschools.org/district/alumni>

Kimball High School Class of 1965

October 3, 2015 Red Run Golf Club

Dondero High School Class of 1965

October 10, 2015 Red Run Golf Club

Royal Oak Schools

October 2015 Activities

Board of Education Meeting 800 DeVillen
Thursday, October 8 7:00 pm

ATHLETICS - Royal Oak High School

Boys Varsity Football

Fri, Oct 16, 7:00 pm: vs. Groves High School

Fri, Oct 23, 7:00 pm: vs. Livonia Franklin HS

Girls Varsity Volleyball

Tues, Oct 27, 7:00 pm: vs. Shrine HS

PERFORMING ARTS - RO High School

Thursday, October 15, 7:00 pm HS Auditorium

ROHS Spectrum Concert (Choirs/Soloists & Small Groups) \$10 adults, \$5 Students

Tuesday, October 20, 7:00 pm HS Auditorium

ROHS Fall Band Concert

Wednesday, October 21, 7:00 pm HS Auditorium

ROHS Fall Orchestra Concert

Senior Gold Card

The Senior Gold Card, a complimentary activity pass from the Royal Oak School District for Royal Oak Senior Citizens age 60 and over, includes free admission to:

- All athletic events.
(*Except State sponsored tournaments*)
- All school drama programs & dance shows
- All vocal & instrumental music concerts
- Evening recreational swim at RO Middle School

Applications are available at the:

Churchill Community Education Center
707 Girard, Royal Oak

For information, please call (248) 588-5050

Alzheimer Support..... 4th Monday, 10 am
Support for families and friends of those afflicted with Alzheimer's Disease.

Aphasia Support Group.....Thursdays, 10 am
Support for adults with communication disorders.

Billiards, Drop-In..... Monday-Friday, 9 am-4:30 pm
Pool tables - 50¢ daily use or \$3.00 monthly.

Billiards, Pool Tournament2nd Thursday, 9:00 am
Singles tournament for those who drop in, \$3.

Bridge, Drop-In

.....**Rubber** \$1 - Mondays, 12:15 pm
.....**Duplicate** \$1.25 - Wednesdays, 12:30 pm
Drop in with partner to play bridge.

Computer Club..... Wednesdays, 12:30 pm
For computer enthusiasts with some experience.

Crochet Creations.....Thursdays, 12:15 pm
Join anytime to learn or refresh your skills, no charge.

Dance - Ballroom..... Mondays, 1 pm
Lessons provided by instructor Bill Scheff, \$5.

Dance – Intermediate Line Fridays, 1 pm
Drop-in, \$2.

Dance - Round Thursdays, 1 pm
Lessons provided by instructor Lillian Chesney, \$ 1.50.

Dance - Round (Beginners) Wednesdays, 2:30 pm
Lessons provided by instructor Lillian Chesney, \$ 1.50.

Deaf Assistance Wednesdays, 9 am
Join for socialization.

Euchre, Drop-In.....Thursdays, 12:30 pm
Drop-in for an afternoon of Euchre, \$1.

Exercise – Aqua Zumba..... Thurs, 8:30 am
Zumba workout in the water at RO Middle School, pre-register, fee.

Exercise - Chair Yoga (DVD) Mondays, 10:30 am
Drop-in for "gentle," less strenuous exercise, no charge.

Exercise—Chair Yoga...Wed, 12:30 pm; Friday, 11:30 am
Pre-register, fee.

Exercise – Chair w/Cindy.....Friday, 10:30 am
Gentle but effective exercise. Pre-register, fee.

Exercise – Gentle Yoga Monday 9:15 am and 1:00 PM,
Thursday, 1 pm. Slow flow class to strengthen bodies and calm minds. Pre-register, fee.

Exercise – Senior Pilates..... Monday, 10:30 am
Body conditioning exercise. Pre-register, fee.

Exercise - Silver Foxes..... Mon-Tues-Wed- Fri, 9:30 am
Low-impact aerobics to a Richard Simmons video tape, no charge.

Exercise – Sit Down & Tone-Up Tues/Thurs, 10:30 am
no charge.

Exercise - Tai Chi Thurs., 9:15 am
Chinese exercise of moving meditation, pre-register, fee.

Exercise—Water Aerobics Wed, 8:30 am
Water exercises at RO Middle School, pre-register, fee.

Exercise - Yoga Tuesday, 12:45 pm
Increase flexibility & strength with series of movements, postures and breathing techniques. Pre-register, fee.

Exercise – Zumba Gold..... Fri, 10:20 am
A low-impact aerobic workout. Pre-register, fee.

Financial/Investment Aide 3rd Thursday, 10:00am
Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Free 30 min appointments/pre-register

Focus On the News.....1st & 3rd Tuesday, 10:30am
Fun & lively discussion of current news happenings, free.

Foot Doctor2nd Wednesday, 9 am
Dr. Adas and Dr. Wexler will visit once a month. Pre-Register

Handbells Level II, Friday, 12:45 pm
Pre-register, fee. Resumes Friday, September 9.

Helping Hands Tuesday & Thursday, 9:30 am
Making blankets for charity.

Kerry Price3rd Friday, 12:30 pm
Different sing-along piano programs each month, \$2.

Kuratomi Stretching.....Wednesday, 10:30 am
Japanese forms and Jomon to open the body, mind & spirit gently and naturally. Pre-register, fee.

Legal Aid 3rd Thursday, by appt
Atty. Kent Schultz provides free 15 minute consultations.

Mahjongg, Drop-In...Wednesdays, 9:30 am; Fridays 1 pm
Experienced players may drop in and play.

Massage Therapy.....3rd Thursday & Friday, by apt.
35 min/\$30 and 75 min/\$60 massage sessions.

Monthly Matinee 2nd and 4th Friday, 12:30 pm

Painting Classes..... Thursday, 9:15 am
All media and all stages of development. Pre-register, fee.

PAL (Positive Attitude Living) Fridays, 10:30 am
Meet new friends, enrich your life, share ideas for positive change. Drop-in, no charge.

Pinochle, Drop-In Tuesdays, 12:30 pm
Drop-in for pinochle, meet new friends, \$1.

Senior Quilting.....Tuesdays, 10 am
Join us for a day of piecing quilt tops. No fee.

Sit 'n' Knit..... Tuesdays, 1 pm
Join us for a day of knitting. No fee.

Star Grabbers..... 2nd & 4th Wednesday, 10 am
Amateur Astronomy Group. No fee.

Welcome Newcomers!.....1st Monday, 10:30 am

October 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>October Birthstone:</p> <p>Opal</p>	<p>October Flower:</p> <p>Marigold</p>	<p>October Zodiac Signs</p> <p>Libra: Sept 24 - Oct 23</p> <p>Scorpio: Oct 24 - Nov 22</p>	<p>1</p> <p>8:30 AM Aqua Zumba 9:15 AM Painting/All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Euchre, Drop-in 1:00 PM Round Dance 1:00 PM Gentle Yoga</p>	<p>2</p> <p>9:15 AM Stipple Drawing 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:45 PM Handbells 1:00 PM Line Dance, Intermed. 1:00 PM Mah Jongg/Drop-In</p>
<p>5</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 10:30 AM Welcome Newcomers 10:30 AM Creative Coloring/Adults 11:30 AM Lunch & Learn 12:15 PM Bridge Drop-In, Rubber 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga 1:30 PM Water Color Painting</p>	<p>6</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Quilters 10:00 AM Laptop Class 10:30 AM Focus on the News 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle, drop-in 12:45 PM Yoga 12:45 PM Ask the Computer Lady 1:00 PM Sit & Knit 1:30 PM PATH 3:00 PM Fall Prevention</p>	<p>7</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Assistance 9:30 AM Silver Foxes 9:30 AM Mah Jongg/ Drop-In 10:30 AM Kuratomi Stretching 12:30 PM Bridge, Drop-In Duplic. 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance/bgrrs</p>	<p>8</p> <p>8:30 AM Aqua Zumba 9:00 AM Pool Tournament 9:15 AM Painting/All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Euchre, Drop-In 1:00 PM Round Dance 1:00 PM Gentle Yoga 1:30 PM Rejuvenate/Retirement</p>	<p>9</p> <p>9:15 AM Stipple Drawing 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Monthly Matinee 12:45 PM Handbells 1:00 PM Line Dance, Intermed. 1:00 PM Mah Jongg/ Drop-In</p>
<p>12</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 12:15 PM Bridge Drop-In, Rubber 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga 1:30 PM Water Color Painting</p>	<p>13</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Quilters 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle, Drop-In 12:45 PM Yoga 12:45 PM Ask the Computer Lady 1:00 PM Sit & Knit 1:30 PM PATH 1:30 PM Rejuvenate/Retirement 3:00 PM Fall Prevention</p>	<p>14</p> <p>8:30 AM Water Aerobics 9:00 AM Jewelry Sale 9:00 AM Deaf Assistance 9:00 AM Foot Doctors/By Appt 9:30 AM Star Grabbers 9:30 AM Silver Foxes 9:30 AM Mah Jongg/Drop-In 10:30 AM Kuratomi Stretch 12:30 PM Bridge, Drop-In Duplic. 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance/beginners</p>	<p>15</p> <p>8:30 AM Aqua Zumba 9:15 AM Painting/All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:00 AM Financial Aid/Appt. 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Euchre, Drop-in 1:00 PM Round Dance 1:00 PM Genealogy 101 1:00 PM Gentle Yoga 1:30 PM Rejuvenate/Retirement By Appt Massage Therapy By Appt Legal Aid</p>	<p>16</p> <p>9:15 AM Stipple Drawing 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Kerry Price 12:45 PM Handbells 1:00 PM Line Dance, Intermed. 1:00 PM Mah Jongg/ Drop-In</p> <p>By Appt Massage Therapy</p>
<p>19</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 10:30 AM Creative Coloring/Adults 12:15 PM Bridge Drop-In, Rubber 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga 1:30 PM Water Color Painting</p>	<p>20</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Quilters 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 10:30 AM Focus on the News 11:15 AM Get Your Gadget 12:30 PM Pinochle, drop-in 12:45 PM Yoga 12:45 PM Ask the Computer Lady 1:00 PM Sit & Knit 1:30 PM PATH 1:30 PM Rejuvenate/Retirement 3:00 PM Fall Prevention</p>	<p>21</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Assistance 9:30 AM Silver Foxes 9:30 AM Mah Jongg/ Drop-In 10:30 AM Kuratomi Stretch 12:30 PM Bridge, Drop-In Duplic. 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance/beginners</p>	<p>22</p> <p>8:30 AM Aqua Zumba 9:15 AM Painting/All Media 9:15 AM Tai Chi 9:30 AM Helping Hands. 10:00 AM Vaccination Day 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Euchre, Drop-in 1:00 PM Round Dance 1:00 PM Genealogy 101 1:00 PM Gentle Yoga</p>	<p>23</p> <p>9:15 AM Stipple Drawing 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Monthly Matinee 12:45 PM Handbells 1:00 PM Line Dance, Intermed. 1:00 PM Mah Jongg/ Drop-In</p>
<p>26</p> <p>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:00 AM Alzheimer Support 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 12:15 PM Bridge Drop-In, Rubber 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga 1:30 PM Water Color Painting</p>	<p>27</p> <p>9:15 AM Ask the Computer Lady 9:30 AM Dementia Caregivers 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Quilters 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle, drop-in 12:45 PM Yoga 12:45 PM Ask the Computer Lady 1:00 PM Sit & Knit 1:30 PM Fall Prevention Class 1:30 PM PATH 3:00 PM Fall Prevention</p>	<p>28</p> <p>8:30 AM Water Aerobics 9:00 AM Deaf Assistance 9:30 AM Silver Foxes 9:30 AM Mah Jongg/ Drop-In 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretch 12:30 PM Bridge, Drop-In Rubber 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance/beginners</p>	<p>29</p> <p>8:30 AM Aqua Zumba 9:15 AM Tai Chi 9:30 AM Helping Hands. 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Euchre, Drop-in 1:00 PM Round Dance 1:00 PM Gentle Yoga</p>	<p>30</p> <p>9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:45 PM Handbells 1:00 PM Line Dance, Intermed. 1:00 PM Mah Jongg/ Drop-In</p> <p>6:00 PM Dinner Dance</p>
Mahany/Meining Senior Community Center				

HOT MEALS SERVED BY TIM'S KITCHEN
ALL MEALS \$3.00

Thursday	1	BBQ Chicken	
Friday	2	Pasta with Meat Sauce	
Monday	5	Beef Parmesan	
Tuesday	6	Baked Chicken with Fruit	♥ Heart Smart
Wednesday	7	Crab Cake	
Thursday	8	Meatloaf with Tomato Sauce	
Friday	9	Egg Salad on a Bun	
Monday	12	Unstuffed Cabbage	
Tuesday	13	Tuna Pie	
Wednesday	14	Pork Chop	
Thursday	15	Cranberry Chicken Loaf	
Friday	16	Italian Cheese Square	
Monday	19	Salmon Patty	♥ Heart Smart
Tuesday	20	Chicken Pasta Salad	
Wednesday	21	Beef Goulash	
Thursday	22	Sliced Ham	
Friday	23	Apple Butter Meatball	
Monday	26	Pork Chop	
Tuesday	27	Pasta with Meat Sauce	
Wednesday	28	Chicken Ala King/Biscuit	
Thursday	29	Shepherds Pie (Beef)	
Friday	30	Chicken Patty/Gravy	

Call (248) 246-3900, at least one day in advance to reserve a meal (call before 1 pm).

Lunch is served at 11:45 a.m.

Salter Center Book Club

Mon, Oct 19 10-11:30 am

Are you an avid reader? Would you like to meet with people who share your passion for the written word? This group, brought to you in cooperation with the Royal Oak Library, will meet on the third Monday to discuss a specific book. Coffee and light refreshments served. This month's book is " *Freakonomics: A Rogue Economist Explores the Hidden Side of Everything* "

Drop-In Pinochle

Wed & Fridays 12:45 pm

Drop in for an enjoyable game of pinochle, meet new friends. **\$1.**

Helping Hands

Fridays 9:30 am

Looking for "Helping Hands" interested in knitting, crocheting or sewing blankets for chemotherapy patients. The Rose Cancer Center at Beaumont has kits available or you can use your own materials to create squares which can then be assembled into blankets for patients. Call (248) 246-3180 for more information. **Donations of 4-ply yarn gratefully accepted.**

Sit Down and Tone Up

Mon - Wed - Fri 9:30 am

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve balance. Lower body and abs workout by using your legs own weight (or bring ankle weights). You will work upper body with 1-3lb dumbbells (or a couple of soup cans). Drop in, no fee.

Yoga

Thurs. Aug 27 - Oct 15 10:15 am

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignments and balance. Instructor Cheryl Baugh. **\$36/8 weeks SA2014F**

DROP-IN-SPORTS

At the Salter Center

Pickleball

- **\$2** per session. *Any individual caught not paying will be asked to leave the gym immediately.*
- Sign-in sheets will be made available 30 minutes before scheduled start time.
- The schedule below begins Tuesday, September 8.

Mondays -

11:00 am-1:00 pm or 1:00-3:00 pm
All levels, East Gym

Tuesdays -

1:00 - 3:00 pm All levels, East Gym
12:30 - 2:15 4.0 & higher, West Gym

Wednesdays -

11:00am-1:00pm or 1:00-3:00 pm
All levels, East Gym
11:00am-2:00pm
3.5 & Higher (West Gym) **\$3**

Fridays -

11:00 am-1:00 pm or 1:00-3:00 pm
All levels, East Gym
5:00-7:15 pm Open to ages 19 & Up,
East Gym
12:30-2:00pm 3.5 & Higher mixer,
West Gym

Bounce Volleyball

Tues/Thurs 11-1 pm

A slightly slower paced game than power volleyball. This game allows a wider range of skill levels to participate. **\$1** per session.

Tai Chi Chuan

Standing/Chen Style Laojia Yuile

Tues, Sept 8 - Nov 17 10:00am

Instruction Han Hoong Wang provides this class for continuing students. Chen Style is the oldest form of Tai Chi Chuan from which all styles originated. Must take Silk Reeling before Chen Style. **\$60/10 wks. No class 11/3**

Stretch & Strength Training

(40+ cardio weights & strengthening)

11 am - Noon

Fall 1 Mon, Sept 14 - Oct 19

Weds, Sept 16 - Oct 21

Fri, Sept 18 - Oct 23

Improve your strength, stamina and flexibility. Exercises are adaptable to your own pace and fitness level. Each class includes low-impact aerobics, strength training and stretching. Bring hand-held weights and a water bottle. Wear tennis shoes and loose, comfortable clothing. Classes run continuously except on holidays and scheduled instructor vacation. **Jo Schirtzinger** of Leisure Un-limited, has instructed this class since 1996.

\$26/6 wks for 1 day; **SA2008**

\$46/6 wks for 2 day; **SA2009**

\$64/6 wks for 3 day; **SA2010**

\$5 drop-in fee

Balance Training (50+)

Fri Sept 18 - Oct 23 12:30pm

This 30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun and innovative exercises keep you smiling and moving! **Jo Schirtzinger**, of Leisure Unlimited, has been fitness teaching since 1994.

\$24/6 wks SA2006

Let's Walk!

Monday-Friday 8:30 - 11:00 am

Strengthen your heart, lungs and vascular system! Improve your circulation! Relieve tension and modify the aging process! Join **Let's Walk!** and enjoy the four seasons briskly walking, at your own pace. Meet at the Salter Center for walking gymnasium laps or outdoors. Track your progress on a mileage log sheet at the center.

Notable Folks ...

CONGRATULATIONS,
to the following walkers!


Bob Anders 1,700 miles

Mara Davis 2,200 miles

Mary Ellen Soma 1,000 miles

NEW WALKERS WELCOME!

October 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>October, baptize me with leaves! Swaddle me in corduroy and nurse me with split pea soup. October, tuck tiny candy bars in my pockets and carve my smile into a thousand pumpkins. O autumn! O teakettle! O grace!</p> <p>Rainbow Rowell, "Attached"</p> 			<p>1</p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>2</p> <p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down & Tone Up 11:00 AM Strength & Stretch 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In</p> <p>Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher (W.gym) 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</p>
<p>5</p> <p>8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength</p> <p>Drop-In Pickleball 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</p>	<p>6</p> <p>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</p> <p>Drop-In Pickleball 12:30 PM 4.0 + higher (W.gym) 1:00 PM All levels (E.gym)</p>	<p>7</p> <p>8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In</p> <p>Drop-In Pickleball 11:00 AM 3.5 + higher (W.gym) 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p>8</p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>9</p> <p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In</p> <p>Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher (W.gym) 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</p>
<p>12</p> <p>8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength</p> <p>Drop-In Pickleball 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</p>	<p>13</p> <p>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</p> <p>Drop-In Pickleball 12:30 PM 4.0 + higher (W.gym) 1:00 PM All levels (E.gym)</p>	<p>14</p> <p>8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In</p> <p>Drop-In Pickleball 11:00 AM 3.5 + higher (W.gym) 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p>15</p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>16</p> <p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In</p> <p>Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher (W.gym) 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</p>
<p>19</p> <p>8:30 AM Let's Walk 9:00 AM Book Club 9:30 AM Sit Down & Tone Up 10:00 AM Book Club 11:00 AM Stretch & Strength</p> <p>Drop-In Pickleball 11:00 AM All Levels (E.Gym) 1:00 PM All Levels (E.Gym)</p>	<p>20</p> <p>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</p> <p>Drop-In Pickleball 12:30 PM 4.0 + higher (W.gym) 1:00 PM All levels (E.gym)</p>	<p>21</p> <p>8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In</p> <p>Drop-In Pickleball 11:00 AM 3.5 + higher (W.gym) 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p>22</p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>23</p> <p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down & Tone Up 11:00 AM Stretch & Strength 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In</p> <p>Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher (W.gym) 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</p>
<p>26</p> <p>8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up</p> <p>Drop-In Pickleball 11:00 AM All Levels (E.Gym) 1:00 PM All Levels (E. Gym)</p>	<p>27</p> <p>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</p> <p>Drop-In Pickleball 12:30 PM 4.0 + higher (W.gym) 1:00 PM All levels (E.gym)</p>	<p>28</p> <p>8:30 AM Let's Walk 9:30 AM Sit Down & Tone Up 12:45 PM Pinochle, Drop-In</p> <p>Drop-In Pickleball 11:00 AM 3.5 + higher (W.gym) 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</p>	<p>29</p> <p>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</p>	<p>30</p> <p>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down & Tone Up 12:45 PM Pinochle, Drop-In</p> <p>Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher (W.gym) 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</p>
Jack & Patti Salter Senior Community Center				

*** **DAY TRIPS** ***
(continued)

Soaring Eagle – Shipshewana on the Road/Bianco Tours **Sun, Nov 8, 2015** **8:45 am - 6:15 pm**
Vendors from the nationally famous Indiana flea market bring their furniture, crafts, toys, home décor, hand-made jewelry, clothing, homemade jams, cookies, and much more to the showroom in the casino; the cost is \$4 at the door. Receive a \$10 coin coupon and \$5 food voucher good at the casino! Cost includes transportation via motor coach. **\$43 T1011 f**

Shopping Trip to Great Lakes Crossing **Friday, November 20, 2015** **9:30 am – 2:30 pm**
Hop on the bus and check out the Christmas displays at the best Outlet Mall around. Enjoy lunch, catch a movie, do some people-watching and SHOP TILL YOU DROP! Cost includes transportation via Senior Bus. **\$6 T1016F**

Oakland County Parks Holiday Light Tour **Wednesday, December 2, 2015** **5:30 - 9:00 pm**
Enjoy holiday light displays throughout Oakland County, including a drive through downtown Rochester and a stop at Waterford Oaks County Park for hot chocolate, cookies and holiday carols sung by local scout troops. Cost includes transportation via O C Parks bus, snack. **\$15 T1015F**

Brenda Lee at Soaring Eagle Casino **Monday, December 7, 2015** **7:15 am - 9:45 pm**
The most charted hits of any woman in the 1960's has continued to record and perform all around the world. Brenda Lee is a member of the Rock & Roll Hall of Fame, the Country Music Hall of Fame and the Rockabilly Hall of Fame. Come along and join us in welcoming her back for another GREAT Christmas show! Cost includes transportation via motor coach, performance and \$10 Premium Play and \$5 Food Coupon. **\$54 T1019F**

Neil Berg's Broadway Holiday at the Fox Theater **Saturday, Dec 12, 2015** **12:30 - 5:30 pm**
Direct from New York, *Neil Berg's Broadway Holiday* is an unforgettable holiday event. The show features much-loved holiday tunes along with hits ranging from classic shows such as *My Fair Lady*, *West Side Story*, *Jersey Boys* and *South Pacific*. We'll start with sandwiches at DaEduardo Foxtown Grill before the performance! Make your lunch choice at registration don't wait to register! **\$78 T1013F**

JUST A REMINDER! If you are traveling with us:

- Arrive 15-30 min. ahead.
- CHECK-IN with a staff person.
- Park in the farthest north row of our lot (Look for Trip Parking signs).

All trip dates, descriptions and prices are subject to change.